



Week ending issue: October 19, 2012, Issue #156

Policy

From the WIC Certification Manual - 215.14 Precertification of Pregnant Women (1 of 2)

Precertification of pregnant women allows agencies to serve pregnant women as soon as they identify themselves as wishing to receive WIC services. Travel barriers will be removed for participants living in rural areas, increasing the likelihood that pregnant women will receive services within the 10-day time frame.

A pregnant woman may be precertified based on information provided by a referring professional.

Note: In USDA policy guidance, this process is referred to as presumptive eligibility for pregnant women. The Iowa WIC Program chooses to identify this process as precertification to prevent confusion about presumptive eligibility determination for Medicaid services for pregnant women.

Precertification of pregnant women using referral data is allowed for healthy ambulatory pregnant women. Precertification in the WIC clinic is also an acceptable option for pregnant women when a regular certification appointment is not available.

Information

New Name for Nutramigen AA

Nutramigen AA is changing its name to PurAmino starting January 2013.

Mead Johnson Nutrition has responded to customer feedback in its decision to change the name of Nutramigen AA to PurAmino. They are hoping this name change will make it easier for customers to distinguish between Nutramigen AA and Nutramigen^o with Enflora™ LGG^o.

It is important to note that the formulation, grams per unpacked leveled scoop, can size, reconstituted ounces and price are not changing.

The changes will be phased into the market over several weeks in January 2013. As stated previously the product formulation will not be impacted, therefore any patient using Nutramigen AA will be able to switch to PurAmino with no health risk.

Starting November 1st you will see checks being printed as “Containers 14.1 oz. Powder Nutramigen AA Lipil OR PurAmino”. As an agency please use the Special Formula report to see if you have any participants currently on this formula and let them know about the name change so they can start looking for the new label come the first of the year. Contact your nutrition consultant if you have any questions.

Once we are sure all product with the original label is out of the market we will update the check description again to the PurAmino only.

Living a Healthy 2012 – October Calendar

Focusing on cancer screenings today will create a healthier Iowa tomorrow. (See calendar at end of Friday Facts).

Dates to Remember

2012

- 2012 Iowa WIC Training – October 26, 2012
- Communication and Rapport Building Core Workshop – October 30, 2012
- Contractor’s Meeting – January 29, 2013
- New Employee Training Course – January 31, 2013
- Maternal and Breastfeeding Core Workshops – March 27-28, 2013
- New Employee Training Course – April 30, 2013
- New Employee Training Course – July 30, 2013
- Contractor’s Meeting – August 20, 2013
- Infant and Child Core Workshop – August 29, 2013
- Communication and Rapport Building Workshop – October 29, 2013
- New Employee Training Course – October 30, 2013

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Enfaport Lipil 8 oz RTU, 30 cal/fl oz	1 case (24 cans) + 4 cans	12/1/2012	Edgerton Women’s Health	Jen Clasen 563-359-6635
Bright Beginnings Soy Vanilla flavor	8 oz RTU cans in cases of 6 17 cases (102 cans)	3/2013 and 2/2013	Siouxland District Health Department	Jean Sterner 712-279-6636
Pediasure 1.0 Enteral	1 case (24 cans)	7/1/2013	Pott County	Kris Wood 712-238-5886
EleCare Jr. Unflavored Portagen	1 containers – 14.1 oz 5 containers – 16 oz	8/2013 8/2013	New Opportunities	Sharon McDonald Williams 712-830-1329
Elecare Unflavored	8 containers 14.1 oz powdered	4/1/2014	Edgerton Women’s Health	Jen Clasen 563-359-6635
Compleat Pediatric Unflavored	5 cases (24 – 8.45 oz. cans per case)	1 – Nov 2012 4 – Feb 2013	New Opportunities	Sharon MacDonald Williams 712-830-1329

Living a Healthy 2012



October Living Healthy with Proper Screenings

Focusing on cancer screenings today will create a healthier Iowa tomorrow.

- ✓ Educate yourself about the recommended screenings you need by visiting www.everydaychoices.org.
- ✓ October is Breast Cancer Awareness Month. Yearly mammograms starting at age 40 save lives. Educate yourself and the women you love by clicking [here](#).
- ✓ The Iowa Department of Public Health provides a number of services to reduce the risk of cancer by promoting cancer screenings and smoking cessation programs. For more information, please click [here](#) for cancer screening programs and [here](#) for tobacco use prevention and control resources, or call the number below.



Ready to quit tobacco use? Call 1-800-QUIT-NOW for free help.

“Where there is love there is life.” — Mahatma Gandhi

Instructions on how to use this calendar

Nutrition - ☺ = did well ☻ = did OK ☹ = could do better

Fruits/Veggies – 0-3 servings per day 4-8 servings 9+ servings - Best 9 or more servings per day – the more colorful the better such as broccoli, yams, blueberries.

Exercise types

- A** = Aerobic/cardio (150 minutes moderate, 75 minutes vigorous per week)
- C** = Core, incorporate into exercise routine (trunk use without support – like crunches, fitness ball)
- B** = Balance training daily (stand on one leg while brushing teeth, tai chi, etc.)
- M** = Muscle strength and bone density 2 to 3 times per week (lift weights, resistance bands)
- S** = Stretching and flexibility at least 3 times per week for 5-10 minutes

Goals – yes/no - progress made on goals

Steps - Incorporate 10,000 steps into your daily activities



- = < 2,500 steps
- = 2,500 to 5,000 steps
- = 5,000 to 7,500 steps
- = 7,500 to 10,000 steps
- = > 10,000 steps

The Iowa Department of Public Health hopes this free Living a Healthy 2012 calendar will help you by keeping track of specific healthy behaviors (chosen because they have been proved to have the greatest impact on your ability to become healthy and stay health).

October 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Exercise (times per week)
		1	2	3	4	5	6	
Nutrition		☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	A _____
Fruits & Vegetables		0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	C _____
Steps								B _____
Goals		Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	M _____
								S _____
	7	8	9	10	11	12	13	
Nutrition	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	A _____
Fruits & Vegetables	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	C _____
Steps								B _____
Goals	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	M _____
								S _____
	14	15	16	17	18	19	20	
Nutrition	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	A _____
Fruits & Vegetables	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	C _____
Steps								B _____
Goals	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	M _____
								S _____
	21	22	23	24	25	26	27	
Nutrition	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	A _____
Fruits & Vegetables	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	C _____
Steps								B _____
Goals	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	M _____
								S _____
	28	29	30	31				
Nutrition	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹	☺ ☹ ☹				A _____
Fruits & Vegetables	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+	0-3 4-8 9+				C _____
Steps								B _____
Goals	Yes / No	Yes / No	Yes / No	Yes / No				M _____
								S _____